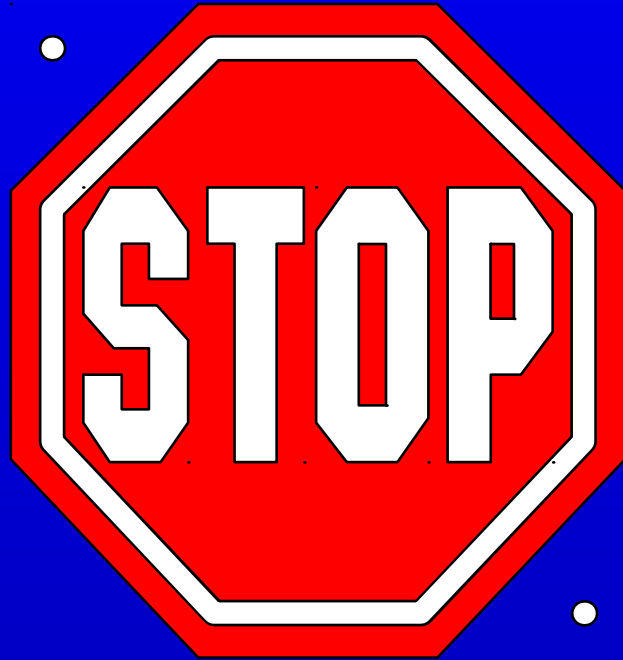


101 Days of

Summer



Unsafe Acts

Summer Safety



Unsafe Acts

- Heat Injuries
- POV Safety
- Recreation Safety
 - Sports Safety
 - Water Safety
 - Outdoor Safety

Summer Safety



Unsafe Acts



HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will

Summer Safety



Unsafe Acts



HEAT INJURY PREVENTION

- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen

Summer Safety



Unsafe Acts



HEAT INJURY PREVENTION

- Follow recommended work/rest cycles
- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day

Summer Safety



Unsafe Acts



HEAT INJURY PREVENTION

- Use the buddy system
- Monitor those at risk
- Use common sense

Summer Safety



Unsafe Acts



SUNBURN PREVENTION

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned

Summer Safety



Unsafe Acts



HEAT RASH

- Skin irritation caused by excessive sweating in a hot humid environment
- Appears as a cluster of pimples or small blisters

Summer Safety



Unsafe Acts

HEAT RASH



- Neck, around collar
- Groin area
- Under breasts
- Under arms
- Skin creases

Summer Safety



Unsafe Acts



HEAT RASH

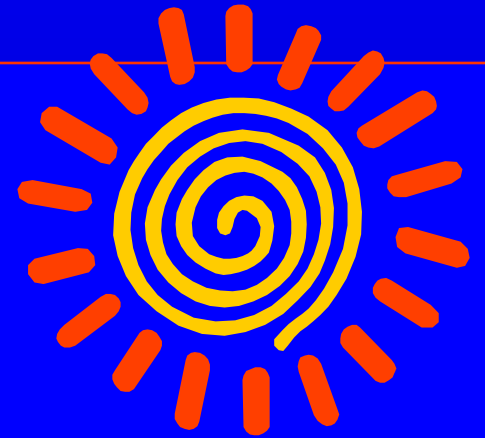
PREVENTION AND TREATMENT

- Baby powder with corn starch
- Cool shower
- Avoid lotions and creams
- Frequent change of clothing

Summer Safety



Unsafe Acts



HEAT
CRAMPS

Summer Safety



Unsafe Acts



CAUSE

Excessive loss of salt from the body

SYMPTOMS

Painful cramps of the major muscle groups
(arms, legs, or stomach)

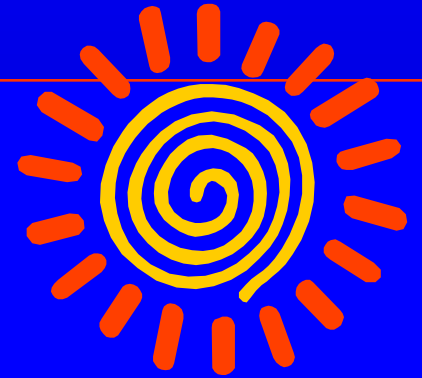
TREATMENT

Provide cool water - shade - monitor

Summer Safety



Unsafe Acts



HEAT
EXHAUSTION

Summer Safety



Unsafe Acts



CAUSE

Excessive loss of salt and water in the body

SYMPTOMS

Profuse sweating - headache - paleness - weakness
nausea - cool moist skin - tingling sensation in
extremities

TREATMENT

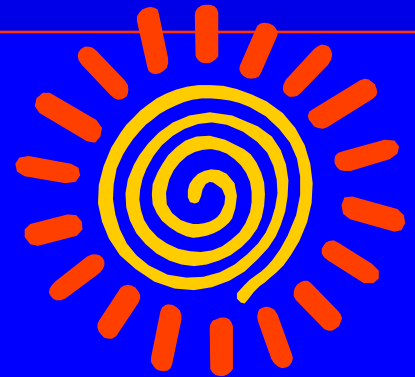
Provide water - shade - elevate feet - monitor
seek medical attention immediately

Summer Safety



Unsafe Acts

HEAT



STROKE

- MEDICAL EMERGENCY -

Summer Safety



Unsafe Acts



CAUSE

The body's heat regulatory mechanism stops

SYMPTOMS

Headache - dizziness - delirium - weakness - nausea
red, hot skin - unconsciousness

TREATMENT

Seek Medical Attention Immediately - cool shaded
area - soak clothing and fan - elevate feet
massage extremities

Summer Safety



Unsafe Acts

POV Safety



Summer Safety



Unsafe Acts

POV Safety

Vehicle accidents are the

→ #1 ←

killer of soldiers

Summer Safety



Unsafe Acts

POV Safety

Factors that influence our risk:

- Age
- Seatbelts
- Alcohol
- Fatigue
- Location
- Speed

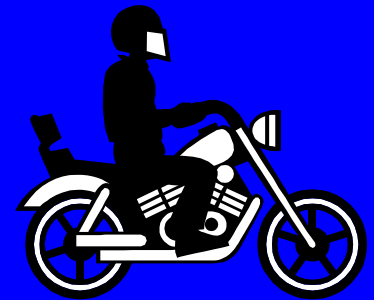
Summer Safety



Unsafe Acts

POV Safety

Age



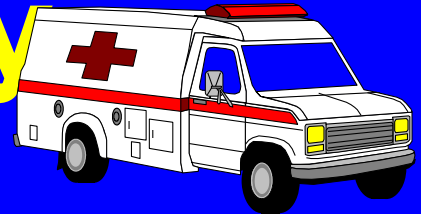
Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

Summer Safety



Unsafe Acts

POV Safety



Seatbelts

Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%

Summer Safety



Unsafe Acts

POV Safety

Alcohol



The intoxicated driver is 15x more likely to be involved in a crash and to be fatally injured than a sober driver. About 48% of all traffic fatalities involve an intoxicated or alcohol impaired person.

Summer Safety



Unsafe Acts

POV Safety

Fatigue



Drivers between the ages of 18-24 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel.

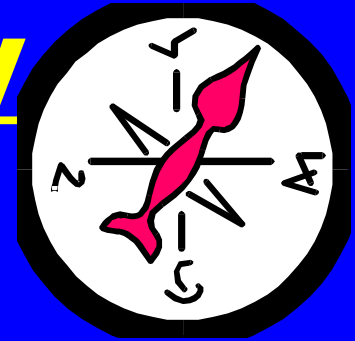
Summer Safety



Unsafe Acts

POV Safety

Location



Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.

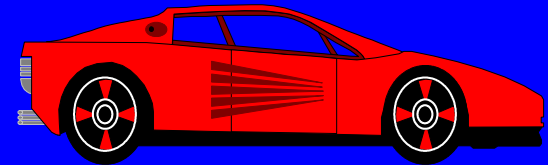
Summer Safety



Unsafe Acts

POV Safety

Speed



The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely negotiate the road.

Speed Kills!

Summer Safety



Unsafe Acts

POV Safety

1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit

Summer Safety



Unsafe Acts

POV Safety

5. Don't drive when you're tired

6. Take rest breaks

7. Adjust speed for conditions

8. Don't follow too close

Summer Safety



Unsafe Acts

POV Safety

9. Maintain your vehicle

10. Drive defensively

Arrive Alive

Summer Safety



Unsafe Acts

Recreational Safety



Taking part in leisure activities
for fun and health.

Follow these guidelines before
engaging in outdoor activities.

Summer Safety



Unsafe Acts



Recreational Safety

- Get in shape
- Choose exercise appropriate for your age and conditioning
 - Start slowly

Summer Safety



Unsafe Acts

Recreational Safety



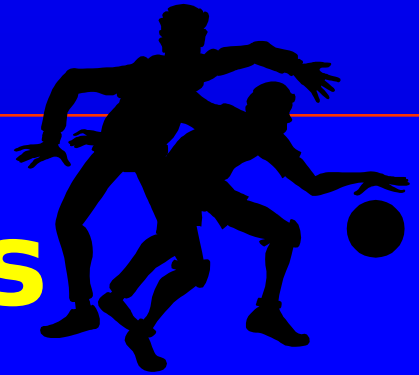
- Start with warm-up
- Finish with cool down
- Know your exercise limits
- Dress appropriately

Summer Safety



Unsafe Acts

Sports Injuries

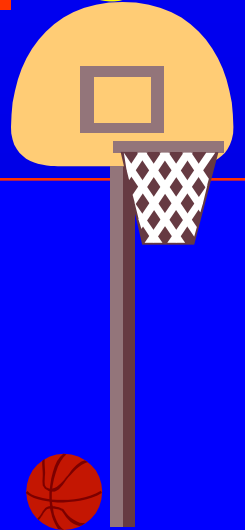


More soldiers are injured playing sports than performing combat soldiering activities.
Which sport.....?

Summer Safety



Unsafe Acts



Sports Injuries

Basketball is the most frequent sports injury producer in the military.

Summer Safety

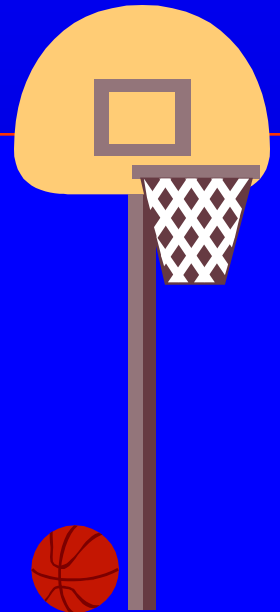


Unsafe Acts

Sports Injuries

Before taking the court..

- Warm up
- Keep physically fit. Fit soldiers are less prone to accidents



Summer Safety



Unsafe Acts



Sports Injuries

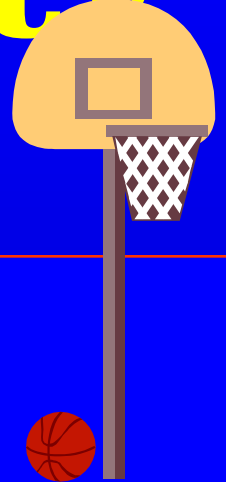
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level



Summer Safety



Unsafe Acts



Sports Injuries

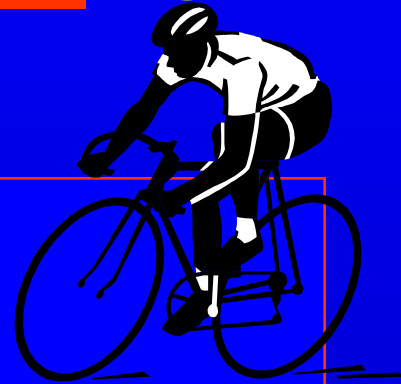
- Ensure playing floor is free of water, dirt, and slick spots
- Check goal supports and ensure it's properly mounted and not loose.

Summer Safety



Unsafe Acts

Bicycle Safety



- Bicycle crashes result in 800-900 deaths per year
- 90% of bicycle-related deaths involve collisions with motor vehicles

Summer Safety



Unsafe Acts

Bicycle Safety Before you ride.....



- Inspect your bicycle for serviceability
 - Wear a helmet
 - Inflate tires properly
 - Check your brakes

Summer Safety



Unsafe Acts

Bicycle Safety

When you ride.....

- See and be seen
- Carry a backpack with essential repair tools
- Avoid riding at night



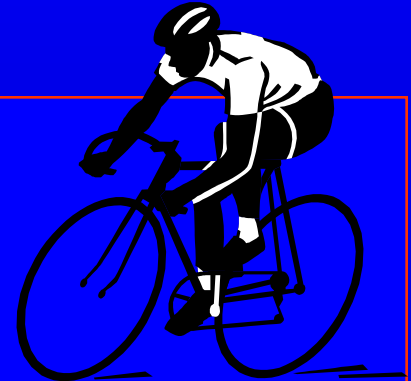
Summer Safety



Unsafe Acts

Bicycle Safety

When you ride....



- Ride single file with traffic and obey traffic signs, signals, and lane markings
 - Use proper hand signals
 - Stay alert for road hazards

Summer Safety



Unsafe Acts

Bicycle Safety



When you ride.....

- Watch for motorists
- Stay out of drivers' blind spots
- Ride far enough from the curb to avoid the unexpected from parked cars

Summer Safety



Unsafe Acts

Jogging Safety



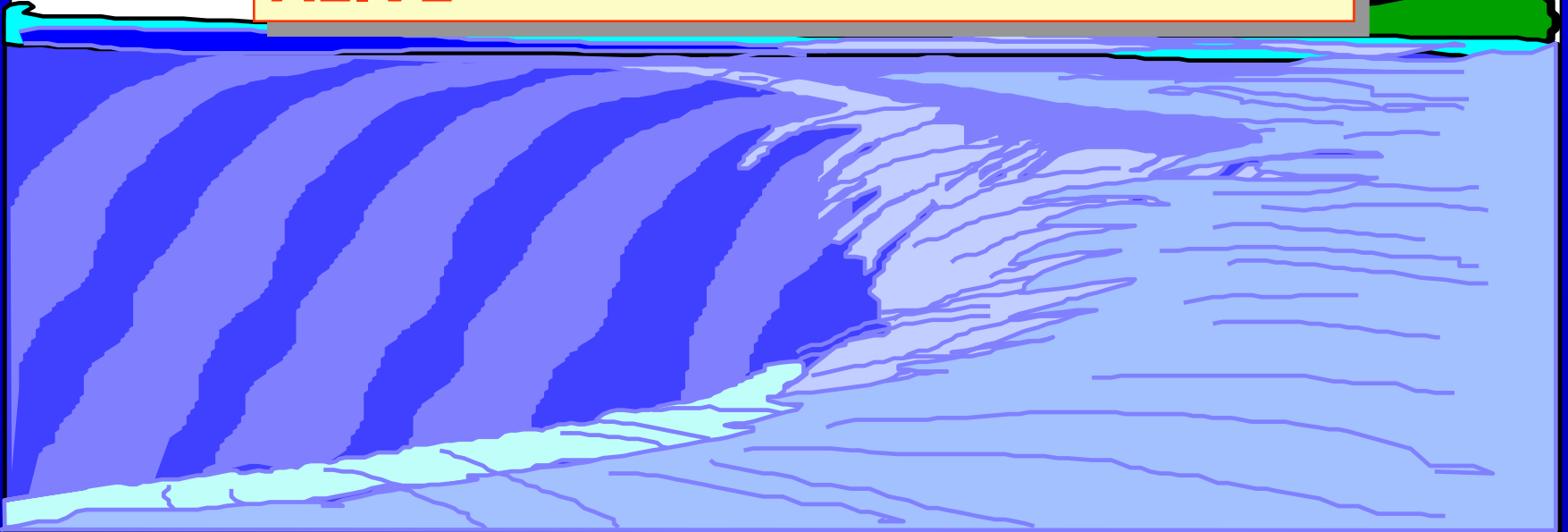
- Pace yourself
- Good running shoes are essential
 - Always jog against traffic
 - Be seen while running
 - Finish with cool down
- Headphones are prohibited

Summer Safety



Unsafe Acts

WATER SAFETY
BE WATER WISE AND STAY
ALIVE



Summer Safety



Unsafe Acts

Be Safe around Water

Drownings.....

- Are a leading cause of soldier death
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use

Summer Safety



Unsafe Acts

- Be Safe around Water
 - Learn to swim
 - Use the buddy system
 - Know “your” limits
- Swim in supervised areas
- Obey “NO DIVING” signs



Summer Safety



Unsafe Acts



- **Be Safe around Water**

- Don't drink and swim
- Wear PFD's when boating and fishing
- Know the weather conditions
- Use common sense - don't swim after

eating, while chewing gum or after drinking

Summer Safety



Unsafe Acts

Watch out for the “Dangerous Too’s”

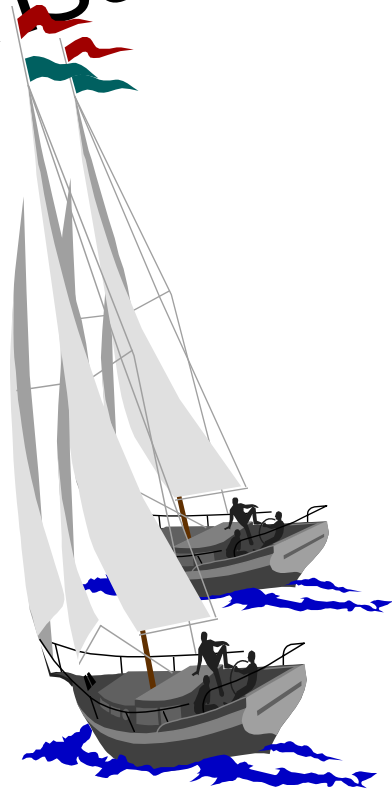
- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



Summer Safety



Unsafe Acts



Boating
Safety

Summer Safety



Unsafe Acts



Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation

Summer Safety



Unsafe Acts

BOATING LIMITS

- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

Summer Safety



Unsafe Acts

BOATING SAFETY TIPS

- Yield right of way
- Be aware of others
 - Avoid alcohol
- Maintain a safe speed



Summer Safety



Unsafe Acts

BOATING SAFETY TIPS

- Don't overload
- Don't loan to inexperienced operators
 - Wear proper clothing
- Ensure proper maintenance



Summer Safety



Unsafe Acts

JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.

What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.



Summer Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



Exhaustion can be brought on by lying in the sun too long, swimming too long, or starting out tired. **KNOW YOUR LIMITS AND REST FREQUENTLY!**

Summer Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



**Alcohol and Water
= Trouble**



Summer Safety



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER

**DRINKING
AND
BOATING
DON'T MIX**



Summer Safety



Unsafe Acts

**WATER SAFETY
RISK MANAGEMENT POINTER**



PERSONAL FLOATION DEVICE

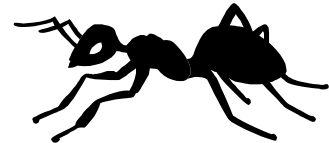
**IT WON'T WORK
IF YOU DON'T WEAR IT**

Summer Safety



Unsafe Acts

OUTDOOR SAFETY-- ANIMALS, REPTILES AND INSECTS



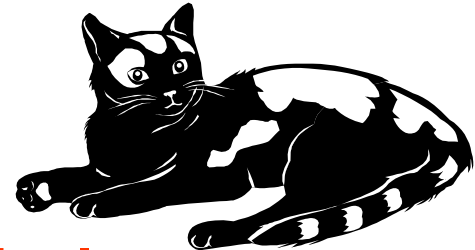
Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

HAZARDS:



To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior

Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes



Several types of dangerous snakes are indigenous to this area to include rattlesnakes, copperheads, water moccasins (cotton mouths), and coral snakes. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes

FIRST AID:

- Remain calm and keep victim quiet
- Do not cut bite section
- Remove any tight or restrictive clothing
or object from affected extremity

Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes

FIRST AID:

- Place ice over bite area
- Apply constricting bands (loose enough to insert finger between band and skin) above and below the bite. For hand or foot place band above wrist or ankle.



Summer Safety



Unsafe Acts

ANIMALS AND REPTILES

Poisonous snakes

FIRST AID:



- Immobilize affected part in a position below heart level
- Evacuate immediately
- Identify snake if possible. If not, and snake can be killed without endangering anyone, kill it without damaging the head.

Summer

Safety

BUG BITES



Unsafe Acts

Arthropods (Bugs) are responsible for transmitting diseases, inflicting painful bites or stings, and being a nuisance

* APPLY INSECT REPELLENT *

Summer Safety



Unsafe Acts

**SEEK MEDICAL ATTENTION
IF YOU YOU HAVE:**

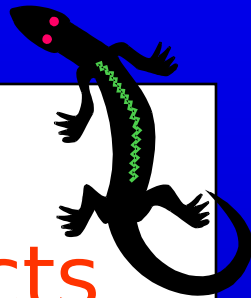
- Unusual bite
- Tick bite (do not remove tick)
- Multiple bites

Summer Safety



Unsafe Acts

INSECTS



Ticks, spiders, scorpions, and insects

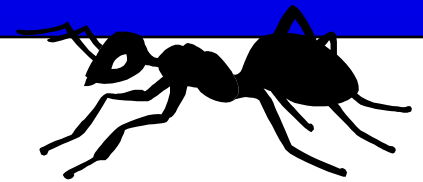
Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand and that it is complete.

Summer Safety



Unsafe Acts

INSECTS



Ticks, spiders, scorpions, and insects

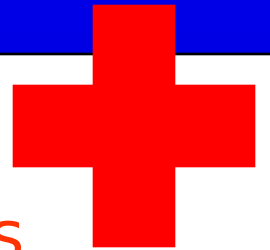
- Use insect repellent (follow directions)
- When camping, be sure to check bedding before use, and avoid sleeping or leaving clothes in damp places.
- Food and crumbs attract insects

Summer Safety



Unsafe Acts

INSECTS



Ticks, spiders, scorpions, and insects

FIRST AID FOR TICK BITE:

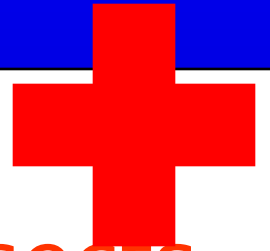
Grasp tick with tweezers as close to the point of attachment as possible, being careful not to squeeze its abdomen, and exert steady, gentle pressure. Take care not to break off and leave mouth parts in the skin. Apply antiseptic to the bite site.

Summer Safety



Unsafe Acts

INSECTS



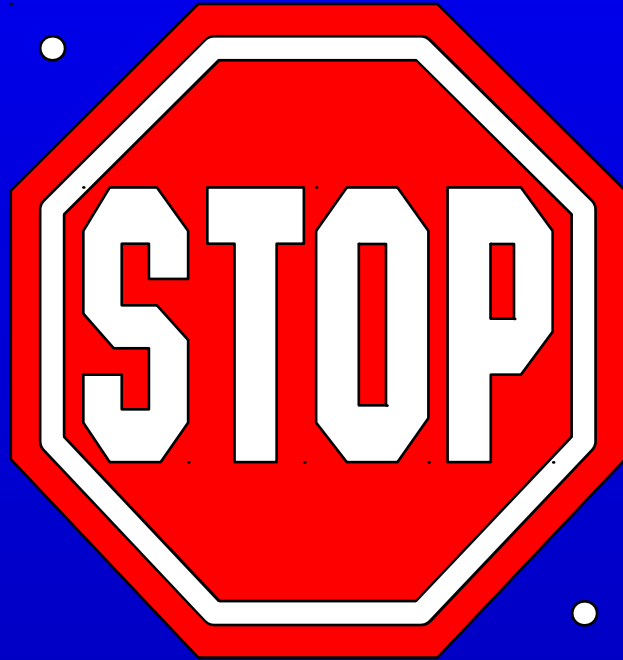
Ticks, spiders, scorpions, and insects

FIRST AID FOR SCORPION STING:

Do not perform incision or suction of venom. Immerse sting area in ice or cool water or use an ice pack on it. Evacuate immediately for medical treatment.

101 Days of

Summer



Unsafe Acts